VANCOUVER metro®

NEWS WORTH SHARING.

Lochte just can't find love

Olympian and reality-TV star says he can't land a girlfriend (maybe it's the grill) PAGE 10

Lasagna with seafood twist

Try tossing some shrimp into this recipe for a creamy pasta bake PAGE 16

Suspects deny terror plot

Two men accused in an alleged conspiracy to derail a VIA Rail train make their court appearances PAGE 5

THE WEDDING BELL BOOS

HOLLYWOOD HAS A KNACK FOR MILKING WEDDINGS BOTH GOOD AND BAD. DIANE KEATON STARS IN THE LATEST FLICK ABOUT TYING THE KNOT ... IN A NOOSE PAGE 8

Unique DTES shower facility at risk of closure

The Lord's Rain. Volunteer service offers a place to wash up for whoever needs it

"What size shoe do you need?" associate pastor Drew Snider asks a man in scruffy clothes who has stopped by a Downtown Eastside outreach centre looking for an outfit to wear to a job interview.

Snider is rummaging through bins on shelves high up on the wall, while low-income residents below him drink tea and take turns showering in four stalls at the back of The Lord's Rain, a branch of the Gospel Mission Society.

The man, who declines to give his name, says he has been sober for 14 years and is up for a gig delivering high-end meals from restaurants.

"First impressions matter," he says, after trying on shoes that are too small.

In the end, Snider can't find a dress shoe in the man's size but offers him a pair of black slacks, which he seems happy with.

Every day except Sunday, The Lord's Rain provides free Waves coffee, food from Cobs Bread, counsel and a place to get clean — literally and figuratively — to anyone who needs it.

The five-year-old volunteer-run operation spends $2,000 a month on rent, utilities and contingencies, but it is in danger of closing in mid-May due to a drastic drop-off in donations since the recession hit.

"Because of this place I stayed sober, instead of going over there," the aspiring deliveryman says, gesturing with one arm toward one of the city's most drug-addled alleys, across from Pigeon Park. "Having some place like this makes a real difference."

Another patron, Jeet Jagpal, says he was relieved when he first discovered The Lord's Rain in 2010 because he didn't want to shower at the Regent Hotel at Hastings and Main, where he was staying at the time.

"The Regent? No, thanks — because people shot up in there, and it stunk and the toilets were plugged."

Other users say they come in daily because some homeless shelters don't have showers, or the facilities they do have are frequented by shady characters.

To make a donation, visit gospelmission.net.

KATE WEBB/METRO

Jeet Jagpal, a Downtown Eastside resident who has struggled with homelessness and addiction, enjoys a coffee at The Lord's Rain shower facility on Tuesday morning. ERIC DREGER/THE CANADIAN PRESS

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Ferry-sinking trial

Lilgert says he should have taken over autopilot

The man at the helm of a B.C. ferry the night it sank told the jury at his criminal-negligence trial that he should have taken the ship off of autopilot himself instead of relying on the only other person on the bridge.

Karl Lilgert broke into tears several times as he described the night in March 2006 when the Queen of the North hit an island off British Columbia's northern coast and sank.

"I know now that it would have been much more effective just to go to that wheel and do it myself," said Lilgert, testifying in his own defence for the second day in a row.

"There was so much more I could have done."

Lilgert said he was waiting to take command of the ship to steer it safely around Gil Island, but when he asked Karen Briker to hit the switch, she replied that she didn't know how.

"My heart just sank," Lilgert said, stopping his testimony to compose himself.

"I had a moment where I wasn't sure what to do."

Briker — Lilgert's former lover — told the court earlier that it was Lilgert who eventually switched the autopilot off, but Lilgert said that's not how he remembers it.

Briker testified that, as a deckhand, she was not trained in how to turn the autopilot system on and off.

But Lilgert said it was Briker who eventually followed his command and switched the controls so he could attempt to manoeuvre the boat around the approaching island.

Lilgert is accused of criminal negligence causing the deaths of passengers Shirley Rosette and Gerald Foisy. He has pleaded not guilty. THE CANADIAN PRESS

Six injured after U.S. fishing trawler rams Canadian navy ship

The American Seafood Company vessel American Dynasty collides with the docked HMCS Winnipeg, which had just undergone a massive refit and upgrade, in Esquimalt on Tuesday. The B.C. Ambulance Service says six people were taken to Victoria General Hospital with minor injuries.

CHAD HIPOLITO/THE CANADIAN PRESS

Coal exports: Port wants to 'clarify the facts' on its role

Under public scrutiny. It's beyond Port Metro Vancouver's power to decide what commodities to export, official says

EMILY JACKSON
emily.jackson@metronews.ca

Amid loud opposition to extra freighters shipping coal from the Lower Mainland's shores, Port Metro Vancouver wants to clear the air around its role in coal-export expansion projects.

The port hasn't been under this level of public scrutiny in quite some time, officials admitted Tuesday at a media conference arranged to "clarify the facts" on the port's project-review process.

An application to export four million tonnes of coal from the Fraser Surrey Docks is under review after the North Shore's Neptune Terminals was given the green light in January to expand to export 18.5 million tonnes per year.

Environmental organizations, particularly Voters Taking Action on Climate Change, and municipalities across the region have criticized the approval of exporting more coal, which is considered to be the dirtiest fossil fuel, as well as the public-consultation process.

But it's beyond the port's power to decide what commodities to export, said Duncan Wilson, the port's vice-president of corporate social responsibility. That doesn't mean the port is washing its hands of the climate-change debate, rather that "we can only control what we can control," he said.

The port takes significant measures to assess how projects affect air quality, fish habitats and health and is considered a world leader among ports for initiatives to reduce its environmental footprint, he said. It requires businesses meet certain standards to mitigate concerns around coal dust, noise and train traffic — things that can be done safely, the port insists.

The port isn't "shy" to meet with the public, Wilson said, adding it takes all feedback very seriously and has met with regional health authorities to discuss impacts.

The port has asked Fraser Surrey Docks to hold two more open houses in May to address municipal concerns about increased train traffic and coal dust.

Billions have been spent on infrastructure across the region to support the port as exports to Asia ramp up, a shifting export strategy with massive economic impact across the country. While coal has been a major export since the 1970s without much fuss, Wilson said people are paying attention now that shovels are poised to break ground.

Follow Emily Jackson on Twitter @theemilyjackson

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PHYLICIA TORREVILLAS/METRO FILE

MEET THE LEADERS

The former longtime Tory MP looks for a new challenge as head of the reborn party

JOHN CUMMINS, B.C. CONSERVATIVE PARTY

MATT KIELTYKA
matt.kieltyka@metronews.ca

The provincial election is upon us. In an effort to better understand the people leading major political parties, Metro sent questionnaires to the leaders of the Liberals, NDP, Conservatives and Greens.

The second day of our survey results features John Cummins, leader of the B.C. Conservative Party.

What's your hobby?
I haven't had time for a hobby since I got into politics.

Quoted

"A home cooked meal and a leisurely evening at home always makes me feel better." John Cummins

What is the best meal you've ever had?
Any meal my wife cooks. After years in Ottawa and on the road, I appreciate every home-cooked meal I can get. Every time I offer to cook, however, my wife suggests we eat out.

What is your favourite holiday/getaway spot?
As a family, we have really enjoyed Golden Ears Provincial Campground at Alouette Lake. We go every year.

What is the best book you've ever read and why?
I really enjoy reading history books and biographies. They have all been interesting.

What was the last great movie you've seen?
Gran Torino with Clint Eastwood.

What was the moment you decided to get into politics?
In some ways, I never decided to get into politics. I would say that I was gently pushed to run for Reform in 1988.

What is your biggest pet peeve?
Misplacing my glasses. Today I misplaced my phone for 15 minutes, that wasn't enjoyable either.

For the full questionnaire visit metronews.ca/vancouver

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Men deny VIA Rail terrorist plot; ‘Let police do their job,’ dad says

Al-Qaida in Iran to blame? Two charged over alleged plan to hit passenger train appear in court

Two men charged in an alleged al-Qaida-supported terror plot to attack a VIA Rail passenger train disputed the allegations against them Tuesday as they made their first appearances in court.

Raed Jaser, 35, and Chiheb Esseghaier, 30, are facing several terrorism charges each in what the RCMP is calling the first known alleged plot in Canada directed by the terrorist organization.

Esseghaier, who appeared in court in Montreal, stood calmly in the witness box and asked to address the court.

“The conclusions were made based on acts and words which are only appearances,” he said.

The judge, Pierre Labelle, explained it wasn’t the right venue for his remarks.

Both Esseghaier and Jaser are charged with conspiracy to murder for the benefit of a terrorist group, participating in a terrorist group and conspiring to interfere with transportation facilities for the benefit of a terrorist group. Esseghaier faces an additional count of participating in a terrorist group.

If convicted, they could be sentenced to life in prison.

Several family members attended Jaser’s brief Toronto court appearance.

“Of course I am supporting my son, of course,” said his father, Mohammed Jaser, as about two dozen journalists surrounded him. “Let the police do their job.”

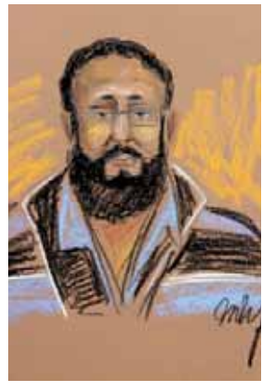
Jaser and Esseghaier were charged Monday in an alleged plot that the RCMP said involved al-Qaida in Iran.

THE CANADIAN PRESS

Quoted

“He denies the allegations and he will vigorously defend them.”

John Norris,
Raed Jaser’s lawyer



Talk about a media scrum! John Norris, Raed Jaser’s lawyer, is surrounded by microphones and cameras at a Toronto courthouse on Tuesday. Jaser is seen in a court sketch at bottom right. Co-accused Chiheb Esseghaier, top right, attended court in Montreal. Both are charged in what the RCMP says is the first alleged al-Qaida plot in Canada. TARA WALTON/TORSTAR NEWS SERVICE (ABOVE) AND THE CANADIAN PRESS

The Associated Press

Hackers hit U.S. news giant

Hackers compromised Twitter accounts of The Associated Press on Tuesday, sending out a false tweet about an attack at the White House.

It said there had been two explosions and that U.S. President Barack Obama was injured.

AP spokesperson Paul Colford said the news cooperative is working with Twitter to investigate the issue. The AP has disabled its other Twitter accounts.

THE ASSOCIATED PRESS

The public eye

PM’s wife: No tips for the Trudeaus

Laureen Harper has no tips for the Trudeaus about living in the public eye.

In fact, she says she could take lessons from Justin Trudeau’s wife, Sophie.

According to Harper, Sophie walks down the street “and people know her.... Nobody would know me,” she concluded.

“I wouldn’t give her any advice; they are more public,” Harper added at 24 Sussex Drive.

THE CANADIAN PRESS

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SCENE 2

Interview

The American dream, plus a lap dance or two

If anyone is living the American dream, it's Bar Paly. In the last few years, the Israeli actress and model has been landing increasingly bigger roles in TV and film, including parts in How I Met Your Mother and The Starter Wife, and in the film A Glimpse Inside the Mind of Charles Swan III.

So it seems fitting that her biggest project to date is a dark riff on the American dream. Pain & Gain is a true crime story about a group of bodybuilders (dubbed the Sun Gym Gang) doing bad things in mid 1990s Miami.

In the film, Paly plays a stripper with big ambitions of becoming a Hollywood star, and she admits it was intimidating walking onto a set with a list of big names.

"It was so overwhelming," she says. "And on top of that you have to act against Mark Wahlberg. I was trying to pretend that everything is cool, but inside I was screaming 'I'm reading lines with Wahlberg.'"

"In the first few days he gave me the scenes where I didn't have to actually talk too much, it was more the lap dance and sex scenes," she says, laughing. "It was like, 'Hi, nice to meet you Mark Wahlberg, now here's my hair in your face while I give you a lap dance.'"

LIZ BROWN/ METRO

Robert De Niro and Diane Keaton star as a divorced couple in The Big Wedding. HANDOUT

Nuptials often turn nasty going down theatre aisles

The Big Wedding. The latest big screen effort is just one in a long line of movies where hilarity and horror dominate the story

IN FOCUS
Richard Crouse
scene@metronews.ca

In The Big Wedding, a long-divorced couple, played by Robert De Niro and Diane Keaton, pretend to be happily married at their adopted son's wedding for the benefit of his biological mother.

Hijinks ensue, but like all movies with the word "wedding" in the title, audiences don't buy a ticket for the shenanigans. They go to see the ceremony.

Anything that happens before the walk down the aisle is window dressing, the journey that gets the audience where they really want to be — at the altar.

The famous wedding scene in The Godfather — including the much-quoted Luca Brasi line, "Don Corleone, I am honoured and grateful that you have invited me to your home on the wedding day of your daughter. And may their first child be a masculine child," — featured many Staten Island Italian-Americans as extras.

They were invited to the set to enjoy homemade wine, traditional Italian food and enjoy themselves as though it were a real wedding.

Inspiration for the film Four Weddings and a Funeral came when writer Richard Curtis realized he had been to 72 weddings in 10 years.

The movie, about a confirmed bachelor who discovers love, made an international star of Hugh Grant, who won the role after auditioning with a tape from when he was best man at his brother's wedding.

Both those films, plus others like Wedding Crashers, My Big Fat Greek Wedding and Fiddler on the Roof feature wonderful wedding scenes. But what about when nuptials turn nasty?

Who could forget Mr. Robinson howling, "You punk! You crazy punk! I'll kill you!" at the lovesick Benjamin (Dustin Hoffman) in The Graduate after he interrupted the wedding of Elaine Robinson (Katharine Ross) to another man? Elaine leaves her intended at the altar, running off with Ben to an uncertain future, creating one of the classic endings in movie history.

In Runaway Bride Richard Gere plays a reporter investigating the story of Maggie Carpenter, a serial bride who has had multiple disastrous weddings, leaving three men at the altar. "Always a bride," she says, "never a bridesmaid!"

The biggest bummer wedding in movie history has to be in Kill Bill Vol. 2.

"How it happened, who was there, how many got killed and who killed them, changes depending on who's telling the story," says The Bride (Uma Thurman). "In actual fact, the massacre didn't happen during a wedding at all. It was a wedding rehearsal."

Famous quotes

"Don Corleone, I am honoured and grateful that you have invited me to your home on the wedding day of your daughter. And may their first child be a masculine child."

Luca Brasi
In the famous wedding scene in The Godfather

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Revolution. From mud pies to bruises, Spiridakos is living the dream

Revolution stars Tracy Spiridakos and is airing Mondays on NBC.
MATT SAYLES/THE ASSOCIATED PRESS

Whether she's hopping off cliffs, battling rogue bandits or surviving in the post-apocalyptic wilderness, Tracy Spiridakos makes roughing it in the futuristic wild west of NBC's Revolution look easy.

That's partly because the self-described tomboy feels right at home playing the intrepid heroine in J.J. Abrams' latest sci-fi offering about a world without electricity.

"She's definitely a rough and tough, can rumble kind of chick," said Spiridakos. "I can relate."

Spiridakos grew up in Greece and Canada climbing trees, playing street hockey and making mud pies with her two older brothers.

"I think this is the most feminine that I've ever been," she said in a recent interview. "I bought a dress a little while ago ... and it was just for fun. I was like 'I don't even know who this person is anymore!'"

Not surprisingly Spiridakos lives for stunt days on set. She's often begging the crew to let her take a stab at the more challenging feats, even relishing the occasional injury.

"Bruises are the good war wounds. I'll go show my fiancé afterward. I'm like, 'Look!' He's like, 'Oh god, Trace.' And it will be a nice, big bloody wound," she explained, beaming with pride.

Revolution is Spiridakos' first lead role for American television and she's still pinching herself.

"I literally came to L.A. like every actor does from this little town with this big dream and I'm living in it now," she said. "It's mind-blowing."

THE ASSOCIATED PRESS

Keeping grounded

Spiridakos is engaged to Canadian actor Jon Cor. She calls her brothers her "heart and soul" and credits them with keeping her grounded. And when she's not filming she's still expected to pick up shifts at the family-owned Greek restaurant in Winnipeg.

- **Quote.** "I love that because it's easy to get wrapped up in the world you're in," she said. "So when I go home I get to go back to the basics."

With so much drama in the industry ...

Love & Hip Hop. Mona Scott-Young's reality TV series overcomes backlash — for now — but complaints continue to roll in on controversial show

Mona Scott-Young used to wake up in cold sweat at night, wondering if she made the right decision to leave her list of high-profile hip-hop clients to branch off and create reality television shows.

That's a dilemma the creator of the popular reality series Love & Hip-Hop on VH1 doesn't have to worry about anymore.

"I was leaving something that I had built for nearly 20 years of my life," recalled Scott-Young, who was the co-founder of Violator Management with the late Chris Lighty. Their company represented some of music's top artists from LL Cool J to 50 Cent to Missy Elliot.

Feeling complacent and unfulfilled, Scott-Young left Violator and started her own film production company, Monami Entertainment.

The fear was strong, she said,

"But it was exhilarating to start over because I had a new lease on life, venturing into territories unknown for me and just starting from scratch."

Love & Hip-Hop, created with Jim Ackerman, is broken up into two different shows — one based in New York and another in Atlanta. Each show primarily focuses on six women and the supporting cast of men who are connected to the hip-hop industry, following their personal lives and careers.

Mona Scott-Young is the creator of the VH1 reality show Love & Hip Hop in Atlanta. JOHN AMIS. THE ASSOCIATED PRESS

The series doesn't include any big names, but the over-the-top dramatic story lines make it compelling to watch — and also a target of criticism.

The second season of L&HH: Atlanta premieres Monday night on VH1, starring Stevie J, K. Michelle, Lil Scrappy and Rasheeda. It returns after pulling in strong ratings last season with an average of 2.8 million viewers and 4.4 million in the second part of the show's reunion last year, according to Nielsen.

The New York version finished its third season last month, pulling in an average of nearly two million viewers. Some of the cast members include Yandy Smith, Tahiry Jose and Joe Budden.

"Mona allowed these women to tell their story, and guys like me to be known," said Stevie J, a Grammy-winning producer who is a self-proclaimed womanizer caught in a love triangle between longtime girlfriend Mimi Faust and Joseline Hernandez. "Before, people heard of my name but didn't know what I looked like. I relish the character that I am on television. People are amused by our stories."

Even though L&HH has drawn millions of viewers, it has been under fire. Some petitioned for the show's cancellation, saying it depicted African-American women in a negative light. Some also criticized the series for its frequent fights and focusing on the drama more than the music. THE ASSOCIATED PRESS

Face to the name

"Before, people heard of my name but didn't know what I looked like. I relish the character that I am on television. People are amused by our stories."

Stevie J
Talking about being on Love & Hip Hop

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Can't a girl take off her engagement ring?

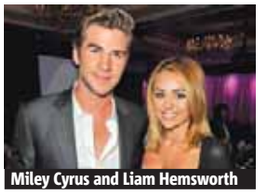
Despite indications of trouble between Miley Cyrus and Liam Hemsworth, the pair are "still engaged," according to E! News.

"They live together. The wedding is not off," a source says.

"You can't postpone a wedding that never had a date in the first place. Their plan all along was to wait a couple of years before even thinking about a date."

As for the eyebrows Cyrus has raised by stepping out multiple times without her engagement ring?

"She just doesn't wear it sometimes," the source adds. "People shouldn't read too much into that."



Miley Cyrus and Liam Hemsworth

Tara Reid

Reid rep denies drunken dispute

Tara Reid apparently takes her savings seriously, as the American Pie star was reportedly thrown out of an All Saints store in L.A. for throwing a tantrum after being denied a discount, according to the New York Post.

"She was screaming," a source says. "She had to be escorted by security. She seemed drunk."

A rep for Reid challenges that assertion.

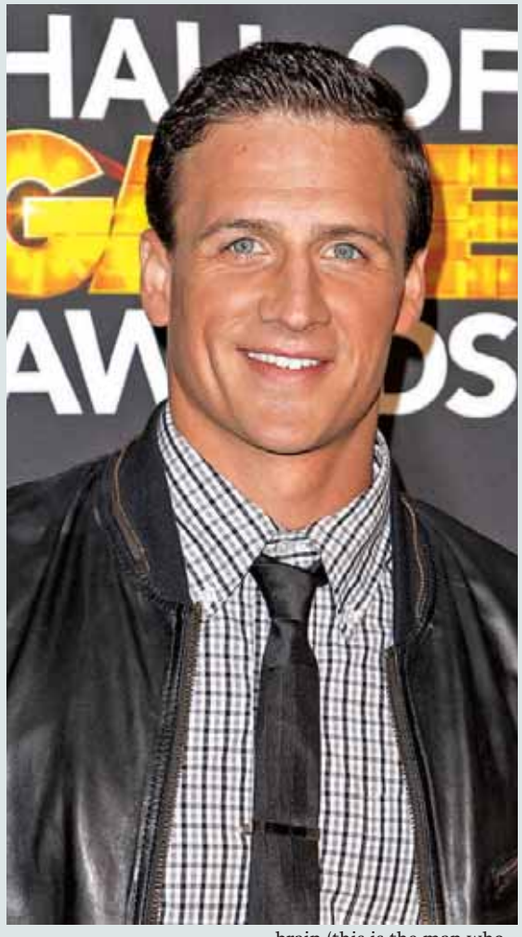
"She was definitely not drunk. People love to say Tara's hammered and this and that."

As for why Reid would be so miffed over not getting a discount? "Tara gets a huge discount with All Saints in the U.K. and Paris because she's a walking billboard."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



I got your nose, Ryan, do you love me now?

THE WORD
Dorothy Robinson
scene@metronews.ca

Ryan Lochte is having a hard time finding love.

"I haven't been in a relationship in a year," the Olympian and star of the new reality TV show What Would Ryan Lochte Do? tells the new issue of In Touch. "Every time I date someone, I end up getting hurt."

The problem, it seems, is that he doesn't know if women are after his giant brain (this is the man who wore a fake grill on the Olympian podium and coined the catchphrase "Jeah!" so by "giant brain" I might be using slight sarcasm) or for his public persona.

"I don't know if they're just after my fame and money or if they like me for who I really am."

But if he could find someone he really does like, what is he looking for?

"A girl that's fun, classy and sweet who I can have a conversation with," Ryan says.

"If she can make me smile and laugh, I'm sold!"

My advice for his next potential love interest? Pretend to take his nose. He would be so enamored of your magical powers, you'd be unstoppable.

Amanda Bynes

ALL PHOTOS GETTY IMAGES

Bynes gets her gym membership revoked for smoking pot

Amanda Bynes' outlandish behaviour reportedly got her kicked out of her New York City gym this weekend when she was caught smoking marijuana in the women's locker room, according to RumorFix.

Management at the Planet Fitness location even went so far as to revoke Bynes' membership.

"Planet Fitness does not allow lunks to work out here, and especially no weed-smokers," a staff member tells the site.

Bynes of course denies the allegations, telling RumorFix, "I don't smoke in the bathroom. I also don't smoke pot, I smoke tobacco."

Selena Gomez

Gomez's friends furious over latest reunion

As Selena Gomez's reunion with Justin Bieber appears to be heating up — the pair have reportedly been spotted holding hands, hugging and kissing during their European rendezvous — her friends are getting nervous.

"Selena's friends are furious that she's giving Justin another chance," a source tells Radar Online. "They've been trying to warn her that he's no good for her and that she should stay away from him, but she just loves the attention he gives her."

LOYAL RELATIONSHIPS

FLEXIBLE PLANS MAKE POINTS PROGRAMS ATTRACTIVE TO CANADIAN CONSUMERS

Canadians truly love loyalty programs. The 2011 Colloquy Loyalty Census revealed 120.7 million loyalty memberships in this country — impressive, given that there are less than 35 million Canadians. Canadian Tire money, a proto-points program conceived by the appropriately named Muriel Billes, has been going strong since 1958.

To what do we owe this loyalty to loyalty? You might argue that Canadians aren't the most rebellious people. You might argue that we love a deal — though many countries have more ferocious bartering cultures than ours. It's probably a bit of both. But what makes loyalty programs most attractive for Canadians is their flexibility.

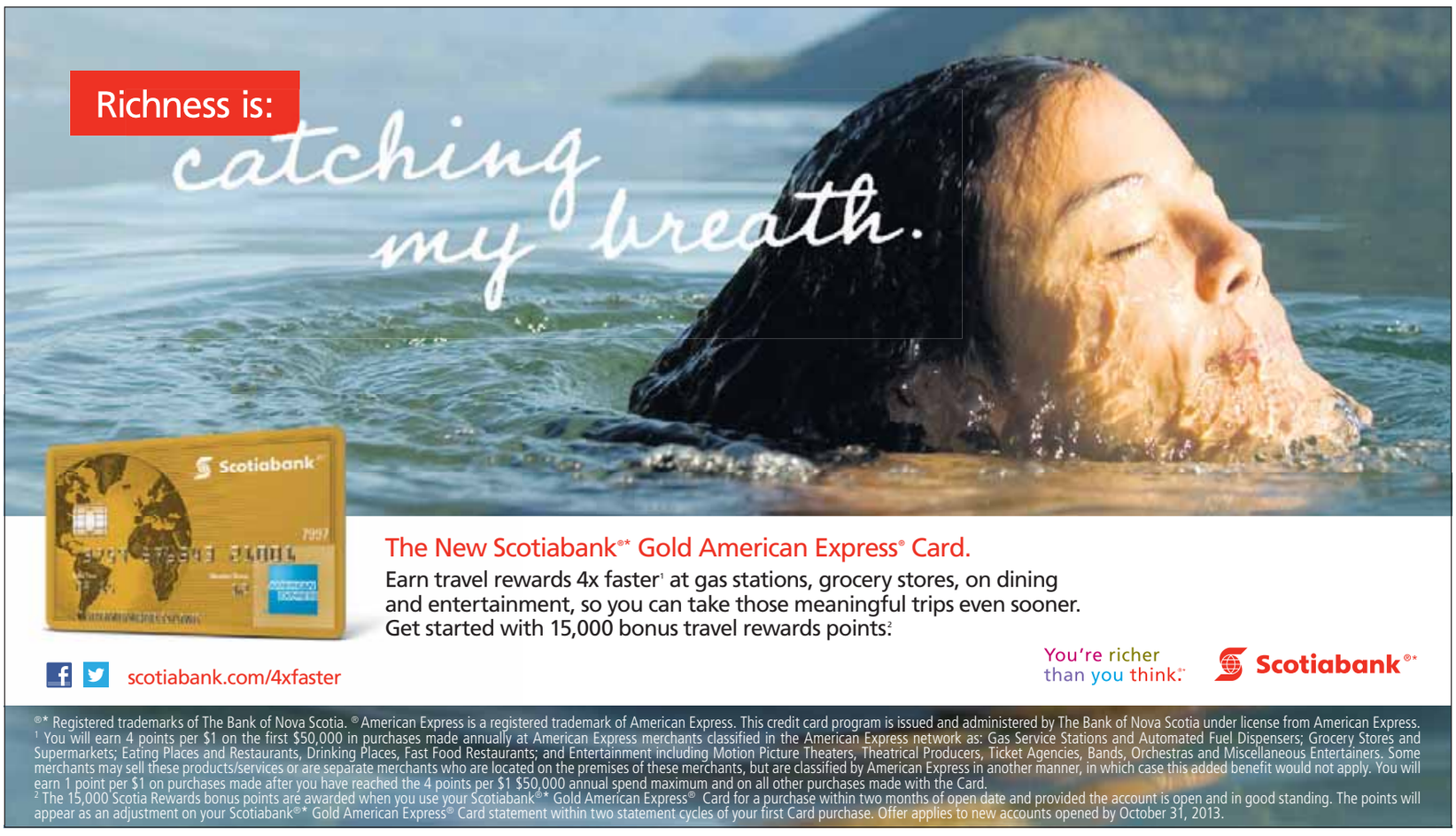
Choice. Options. Big concepts, expressed in a small, but meaningful way through programs from WestJet, Air Miles, Aeroplan, Shoppers Optimum, PC Points, and hundreds more from banks, credit card companies and other organizations. Some of these programs let you accumulate points for years, if you wish — saving up for that big-ticket item you have dreamed about. What makes that trip or product so special says a lot about you.

How you earn your points says a lot, too. You do it by being you — by shopping at the places you like to shop, buying the things you like to buy. You can build points by choosing credit, like the Target RBC MasterCard, instead of cash, or by using online retail instead of the traditional kind. Maybe the loyalty program itself is one of the reasons you are shopping there, but these days, almost every vendor has a program of some kind — this is Canada, after all.

Your lifestyle, needs, and personal choices inform how you build points, and how you redeem them. Aeroplan, for example, allows you to redeem your points not just for plane flights, but other travel-related products and services, such as luggage and car rentals; and even items that have nothing to do with travel, like home furnishings and power tools. You can even donate to charity. While the range of products offered by bookstores, grocery stores or theatres may not be that wide, they are certainly varied enough to suit many tastes.

These are our points — we earned them. And what we do with them is up to us.

– Chris Edwards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"Our currency isn't miles or points," says Robert Palmer, manager, public relations. "If you have 300 WestJet dollars in your rewards account, you have the equivalent of $300 Canadian dollars you can spend with us. No mental gymnastics required."

It's flexible, too. WestJet dollars can be spent on any vacation package or flight the carrier operates, even during seat sales. There are no blackout periods or limited seating. So long as the flight is a new booking, you can use your WestJet dollars to reduce its cost. Like most loyalty programs, WestJet dollars do not cover taxes, fees and charges, but you can use any amount to cover the base fare, starting with as little as 25 WestJet dollars.

As a member of WestJet Rewards, you will earn progressively more WestJet dollars per total spent on WestJet flights in a given year. When your spending reaches certain milestones, WestJet offers bonuses, such as a Jet-Away package, including a companion flight, lounge passes, and more.

You can also build up WestJet dollars by making purchases with one of two WestJet RBC MasterCards. Cardholders earn up to 1.5 per cent back on any purchase they make — unless they are spending on flights or vacation packages with WestJet, in which case they will earn up to two per cent. New applicants receive a welcome bonus of up to 250 WestJet dollars when they make their first purchase with the card. Holders of the WestJet RBC World Elite MasterCard also receive an annual $99 round-trip companion flight (excluding taxes, fees, and charges), which can be used anywhere WestJet flies within Canada or the contiguous United States.

"The program continues to grow and evolve, offering additional value to our guests," Palmer says. "It's not just about loyalty — it's about working to earn your business every day, then rewarding you for being our guest."

For more about WestJet Rewards, visit westjet.com/rewards.

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There once was a time when travel rewards programs were anything but consumer friendly. Fortunately, those days are well behind us.

"With the RBC Rewards program, we put the needs of our customers first," says Donna Lue-Atkinson, RBC's vice-president of global loyalty programs and rewards.

"We recognize the value of flexibility and treating every client as a unique individual. We also want the experience to be easy for clients to use and offer them the range of choice they're looking for in a rewards program."

To demonstrate this breadth of choice, Lue-Atkinson points to different initiatives within RBC Rewards.

"Some people want a highly personalized travel service. For those clients, we have a strategic relationship with Carson Wagonlit Travel. Our customers visit one of their store locations or call in and get the full-service approach they're seeking, redeeming their points at point of sale. Other clients prefer self-service, and for those clients, we have a partnership with Travelocity, a one-stop end-to-end online experience. Customers can book their air travel, car rental, cruises, hotels and more online."

Today's rewards programs don't start and end with travel, however.

"In December 2012, RBC Rewards launched eMall on our website to address the growth of online shopping," Lue-Atkinson says. "Through this portal on our site, consumers can access more than 250 retailers, including Apple, Hudson's Bay, Indigo Books & Music, Gap and Old Navy. By using their RBC Rewards credit card to make purchases, clients get one extra point for every dollar they spend above and beyond their regular rewards.

"Clients can also redeem points for RBC financial products, converting reward points to top up an RBC RRSP or to pay down an RBC loan or line of credit. It's another way our customers can use points to extend their purchasing power."

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In the land of Disney, the princess always reigned supreme. However, though Sleeping Beauty's Castle, the Bibbidi Bobbidi Boutique and those ever-popular princesses may get a lot of the attention, Disneyland and California Adventure offer a pixie dustless world for the guys in your life too — all in time for Father's Day in June.

METRO WORLD NEWS

Four things for the boys in Disneyland

Cars Land

Route 66 comes to life for plain-old cars and animated Cars lovers alike. California Adventures' newest attraction is set in the world of Radiator Springs, where characters from the animated movie motor down Main Street. Rides include Luigi's Flying Tires, a modern floating-on-air version of bumper cars and Mater's Junkyard Jamboree, where tractors whip and spin you around. The highlight is Radiator Spring Racers, which takes you on a leisurely car ride through a wind-carved setting before drag racing your way to the finish line.

Don't miss: Characters from the animated film regularly park near the Cozy Cone Motel to have their photos taken.

Star Tours

Ask a 30- or 40-something father what his favourite movie was growing up — then ask his son the same question — and the likelihood is they may have the same answer: Star Wars. With Disney taking over control of the series, there may be more themed rides in the future. Until then, Star Tours is still the place in Disneyland to enjoy a ride through the galaxy while using the force to avoid the black-gloved wrath of Darth Vader. The 3D ride takes you on a Starspeeder, cruising at light speed through George Lucas' sci-fi universe.

Don't miss: A Jedi Training Academy takes place daily at the Tommorowland Terrace, where kids are shown how to use lightsabers.

Pirates of the Caribbean

This is one of the original rides at Disneyland — long before Johnny Depp swaggered his way through the films as Captain Jack Sparrow. And there's a reason why Pirates has always been popular: it's fun. The boat ride starts in the calm Louisiana Bayou but soon takes you deep into the dark world of hidden treasure, sea battles, and the pirate-terrorized town of Puerto Dorado. It may sound scary, but it has a number of light-hearted moments to tame the pirate terror.

Don't miss: Captain Jack Sparrow makes a number of appearances during the ride, so keep your eyes peeled for him.

Pirate's Lair on Tom Sawyer's Island

Located in a man-made lake on the edge of Frontierland, the island is a giant playground for kids of all ages. A river raft ferries you from the main park across to the island, where dirt trails lead you to hidden caves, hilltop forts, wood and rope bridges and pirate's treasures.

Don't miss: Take a boat ride around the island on the Mark Twain, a 1900s paddleboat, or aboard the pirate ship Columbia.

Looking for more Disney vacation ideas? Metro's Elisha Dacey is currently at Disneyworld in Florida with Breakfast Television and Cityline's recent contest winners. Check out her blog at metronews.ca

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With dueling nicknames of The Queen City for its beauty and Porkopolis for its love of, well, pork, Cincinnati cannot be pigeonholed. After decades of declining growth, Ohio's third-largest city is on a huge upswing, pumping billions of dollars into revitalization.

STORY AND PHOTOS: THE ASSOCIATED PRESS

Free things to do in Cincy

Over-the-Rhine

This picturesque neighbourhood, named and settled by German immigrants in the 19th century, has more buzz than anywhere else in Cincinnati. Over-the-Rhine sits just on the edge of downtown and was the site of the city's race riots in 2001. But block by block, the city and developers have retaken the neighbourhood that was once dubbed the most dangerous in America and transformed its shabby but beautiful buildings into some of the city's best bars and restaurants. A must-see in the neighbourhood is Washington Park, which reopened in July after undergoing a $48 million overhaul to become one of the city's favourite spots for concerts, outdoor movie viewings, food trucks and flea markets.

Findlay Market

Cincinnati residents have been getting fresh meat, produce and homemade bread at Findlay Market since 1855, making it the oldest continuously running public market in the Buckeye State and one of the most beloved historic landmarks in the city. Families, hipsters, yuppies and tourists alike stroll through and shop at the more than two dozen indoor vendors and, from spring through fall, the outdoor farmers market. Wine-tastings, the best barbecue in the city and a popular Vietnamese restaurant are definitely not free, but the people-watching — which rivals any of Europe's public squares — is.

The Bridges

Of the many bridges that span the Ohio River between Cincinnati and northern Kentucky, two are worth crossing on foot. The Roebling Suspension Bridge, which sits between the Bengals and Reds stadiums in a bustling spot along the riverfront, is the most recognizable of all of Cincinnati's landmarks and was the model for New York City's Brooklyn Bridge. Pedestrians can walk across the bridge into Covington, Ky., and head due east into the quaint and beautiful Licking Riverside Historic District. From there, they can cross the Fourth Street Bridge over the Licking River and into Newport, Ky., and head back across to Cincinnati over the Purple People Bridge, a pedestrian-only span and a favourite walking path among locals.

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Travel smart

Some tips... on tipping

ON THE MOVE
Loren Christie
life@metronews.ca

Many front line staff in the hospitality industry rely on tips to make a living wage. Although I do believe that they should be earned, not expected, it is important to assume the best and factor in the appropriate gratuities when planning your next holiday.

For servers in North American restaurants you should be leaving 15 per cent before tax at a minimum, including cost of drinks. For exceptional service you could bump that up from 18 to 20 per cent. In Europe they often include the tip in the bill, but an additional five to 15 per cent is appreciated. In Australia and New Zealand, just leaving five per cent is acceptable. In the Scandinavian countries and Japan, you are not expected to leave anything. If you are staying in for some room service, always check the bill to see if a service charge has already been added on. It usually is indicative of a pooled tip, to be divided up by the entire department. If your server was particularly good, you may wish to give something extra but are certainly not obliged to do so.

Hotel room attendants tend to be the forgotten ones of the hospitality world. I like to leave $2 to $5 per day on the bed with a note of thanks. If you prefer to give one tip at the end of a longer stay, leave an envelope at the front desk. Note your room and number and dates of stay on the envelope and that you would like it divided among all the staff that serviced your room.

Hotel porters and bellhops should receive $1 to $2 per bag and parking valets $2 to $5. Tip the valet up front to ensure better service when it's time to leave.

Lasagna's under the sea makeover

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

You can use any combo of fish you like in this creamy lasagna, but I like shrimp for its sweet flavour and firm texture.

1. Preheat the oven to 375 F. Spray a 13- by 9-inch baking dish with cooking oil.

Creamy Seafood Lasagna with Leeks and Bell Peppers

This recipe serves 10. It contains 345 calories and 12 g fat per serving. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 tsp vegetable oil
- 2 tsp crushed fresh garlic
- 2/3 cup diced red or green bell pepper
- 2/3 cup diced leeks or red onion
- 1 lb seafood, cut into small pieces
- 1/4 cup all-purpose flour
- 1 cup seafood or chicken stock
- 1 1/4 cups 2 % evaporated milk
- 1 tsp Dijon mustard
- 1/3 cup chopped fresh dill or 1 tbsp dried
- Pinch ground black pepper
- 1 1/4 cups smooth light ricotta
- 1 cup shredded cheddar cheese
- 1/2 cup shredded Swiss cheese
- 1/4 cup grated Parmesan cheese
- 9 cooked lasagna noodles

2. To make seafood mixture, heat the oil in a non-stick skillet over medium heat. Sauté the garlic, bell pepper and leeks for 5 minutes or just until tender.

3. Add the seafood and sauté until the fish is opaque, approximately 3 minutes. Pour off any excess liquid. Set aside.

4. Combine the flour, stock, milk and mustard in a non-stick saucepan and stir until smooth. Simmer over medium heat until just thickened, approximately 4 minutes, stirring often. Stir in the dill, pepper and the seafood mixture. Remove from the heat.

5. For cheese mix, combine ricotta, 3/4 cup of cheddar, Swiss and Parmesan cheese in a small bowl, mixing well.

6. To assemble, place 3 lasagna noodles in prepared baking dish. Spread 1/3 of seafood mix over top, then 1/2 of cheese mix. Repeat for second layer. Top with remaining 3 lasagna noodles and remaining seafood mix. Sprinkle remaining 1/4 cup cheddar over the top. Cover with foil and bake 30 minutes, removing the foil for the last 10 minutes of baking time. Allow to rest for 5 minutes before cutting and serving. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

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Want an insurance job? Shine your shoes

Jobs. What to expect, how to prepare, and how to follow up after your big interview

CASSANDRA JOWETT
TalentEgg.ca

If you really want to impress an insurance employer in a job interview, it all comes down to one thing: always be prepared.

One of the biggest mistakes students and recent graduates make is coming in unprepared, says Trevor Buttrum, Career Connections (career-connections.info) program manager at the Insurance Institute of Canada. Being unfamiliar with the company, being unable to make connections or draw parallels between your experience and the role, or showing up late are the three biggest insurance industry job interview don'ts, he adds.

Keep reading to find out what to expect during, how to prepare for and how to follow up after your next job interview with an insurance employer:

What to expect

Most interviews for insurance jobs involve a two-step process:

The telephone screen

The process may start with a telephone screen conducted by a recruiter in the company's human resources department. "The telephone screen is designed to confirm that you meet the criteria for the position, establish your understanding of the role, and get a sense of your style or approach," Buttrum explains.

The in-person interview

If you meet the requirements of the telephone screen, it will usually be followed by one or two in-person interviews that may now include the hiring manager and other colleagues involved in the process. "Don't let it throw you if it is a panel interviewing you — these are now common place!" Buttrum says.

The in-person interviews will most likely be behavioural or competency-based, he says. "Think, 'Tell me about a time when…' or scenarios that get at how you might handle various aspects of the job. The employer is looking for you to make connections between what you have done and how it will help you to be successful in your potential new role."

How to prepare

Find out what you'll need

When you're invited for the interview, whether it's by phone or email, always ask if there's anything that you should bring. Here's why:

"I once had an employer say, 'Good thing you asked, I almost forgot to mention that we would like to see an example of a presentation you have developed. Could you supply us with a version on a USB key?'" Buttrum recalls. "I would have never just 'had one on hand' in an interview."

Know yourself

In a job interview situation, knowing exactly how your education and experience will benefit the employer and the role you've applied for is half the battle.

Ideally, you've already determined this in order to tailor your resumé and apply for the job in the first place, but if not, learn as much as you can about the role and map out how you fit the bill, Buttrum says.

Practise your answers to typical job interview questions with a trusted friend or career counsellor and introduce examples from your experience into the conversation. Buttrum recommends using the STAR method to help you answer the interviewer's questions:

- Situation — Setting the stage: Who, when, where, why? (five per cent of your answer).
- Task — What did you do? What was your role? (five per cent of your answer).
- Action — How did you do it? What steps did you take? (70 per cent of your answer).
- Result — What happened? What was the outcome (20 per cent of your answer).

Do your research

How much do you know about the company, its business, core values and any other unique aspects to it?

"Web research, reading trade publications, checking out examples of their consumer marketing and talking to industry professionals are great ways to gain these types of insights," Buttrum explains.

Dress for success

"Insurance is a traditional industry and, although business casual is becoming the norm for day-to-day in the workplace, it is suggested that you go business formal for the interview," Buttrum advises.

Think you can just wing it during your next job interview? Think again. ISTOCK IMAGES

How to follow up

Should you or shouldn't you? When and how often? These are all questions that tend to plague students and recent graduates following their job interviews.

"Before you leave the interview, ask what the next steps are in the process and when the employer anticipates moving forward in their decision making," Buttrum recommends. "Keep this date in mind and use it as a temperature gauge for when to follow up next."

From there, don't push too hard. "Like any relationship, high frequency or intensity followup can send the wrong message," he says, adding that the process may be taking slightly longer than expected, hiring may not be the person's primary responsibility and other priorities may have arisen since your interview. "Be sure to give the employer a little leeway."

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Your resumé is the first step toward getting an interview. ISTOCK IMAGES

Write the best resumé for an insurance job

Drawing attention. A few tips on using your resumé to introduce yourself to a potential employer

CASSANDRA JOWETT
TalentEgg.ca

When writing your resumé, what's your ultimate goal? To get a job?

If that's the case, then you probably have the wrong purpose in mind.

Your resumé is just one of many steps you may take toward getting an insurance job. The real goal of that piece of paper should be to get an interview with the employer.

After all, your resumé is simply an opportunity to introduce yourself to a potential employer and, for the first time, draw their attention to your education, qualifications and experience. Your resumé should also demonstrate how you meet the employer's needs and are the best candidate for the specific position that you are applying for.

Follow these tips, provided by Career Connections (career-connections.info), a division of the Insurance Institute, to avoid any risk of missing out on the next insurance job you apply for.

Before you start

Sure, it's easy to whip up a resumé and fire off a dozen or so job applications each day. You might think that the numbers will be on your side, but the truth is employers notice when you do this. Before applying for any insurance job:

- learn more about the insurance industry.
- research each company and job carefully.
- make connections at insurance industry events and online, and try to set up informational interviews.
- develop a strategy for responding to the needs of the hiring manager.
- create a unique resumé for each job you apply for.

Insurance resumé dos and don'ts

Do

- Keep it concise — no more than one or two pages.
- Make it easy to read — use at least 10 point font.
- Use either a chronological (reverse timeline) or functional (experience-based) format.
- Put your name and contact information front and centre on all pages, including a professional email address (firstname.lastname@mail.com) and phone number with voicemail.
- Include an objective and a professional summary, plus details about your education and work and volunteer history.

Don't:

- Use industry-specific slang, jargon or acronyms if you can avoid it.
- Include references to your age, gender, ethnicity, religion or political affiliation, sexual orientation or Social Insurance Number (SIN).
- Forget to include accomplishments rather than tasks.

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MLB

O's solve Dickey's knuckleball

Manny Machado had two hits and two RBIs, and the Baltimore Orioles used a four-run second inning to beat R.A. Dickey and the Toronto Blue Jays 4-3 Tuesday night.

Miguel Gonzalez (2-1) allowed three runs in six innings for the Orioles, who have won nine of 13. By taking the first two games of the three-game set, Baltimore improved to 5-2 in seven series this season — including 4-1 against the AL East.

THE ASSOCIATED PRESS

NBA

Bucks can't hang with Heat in fourth

Dwyane Wade scored 21 points, LeBron James finished with 19 and the Miami Heat took off in the fourth quarter to pull away and beat the Milwaukee Bucks 98-86 in Game 2 of the teams' Eastern Conference first-round series on Tuesday night.

Chris Bosh, Shane Battier and Chris Andersen all scored 10 points for the Heat, who now lead the best-of-seven 2-0. Game 3 is Thursday in Milwaukee.

The Heat scored the first 12 points of the fourth quarter, needing just over two minutes to blow open what had been a three-point game.

THE ASSOCIATED PRESS

NHL

Jets' playoff hopes lose altitude in Washington

The Capitals clinched the Southeast Division title Tuesday night, completing a stark turnaround in a lockout-shortened season with a 5-3 win over the Winnipeg Jets.

The loss keeps the Jets in ninth place in the East, one spot away from the playoffs but with slim chances of moving up because they have only one game remaining. They trail the New York Rangers and Ottawa Senators by one point, but the Rangers have two games left and the Senators have three. THE ASSOCIATED PRESS

The Chicago Wolves play the Abbotsford Heat in October. The Canucks were recently in negotiations with the City of Abbotsford to move their AHL affiliate to that city, but the two sides could not reach an agreement. CLINT TRAHAN/ABBOTSFORD HEAT

'Way too far apart'

AHL. Abbotsford mayor discusses why city couldn't cut a deal with Vancouver Canucks on minor-league affiliate

CAM TUCKER
cam.tucker@metronews.ca

Details have emerged on why the Vancouver Canucks' American Hockey League affiliate will not be moving to Abbotsford next season.

The City of Abbotsford and Canucks Sports and Entertainment could not reach a deal to bring the NHL club's top minor-league affiliate to the Fraser Valley community after talks between the two sides "all of a sudden just unravelled," said Abbotsford Mayor Bruce Banman.

He said the Calgary Flames organization, which owns the Abbotsford Heat, tentatively agreed to move its AHL affiliate if a deal was struck between the city and the Canucks.

"Then it came down to negotiations with the Canucks and at the end of the day … we were just way too far apart," Banman said Tuesday.

Banman would not get into specifics about how far apart the two sides were, or on what issues.

"Let's just say the city's position is we are not going to sign a deal that is worse for the taxpayers than the one we have now," he said.

The original deadline to have a deal done was April 9, according to Banman. That deadline was extended, but no agreement was reached.

On Monday, the city released a statement saying the Heat, the Flames affiliate, would remain in Abbotsford next season.

The city is currently in the fourth year of a 10-year supply-fee agreement with the Flames and Fraser Valley Sports and Entertainment.

As per the agreement, the team is guaranteed $5.7 million in revenue and the city must cover any financial shortfalls.

Since October 2009, the team has incurred three consecutive shortfalls, totalling roughly $3.58 million. Struggling attendance remains a contributing factor.

For a fourth consecutive season, the Heat, playing out of the Abbotsford Entertainment and Sports Centre, which holds about 7,100 fans for hockey, finished in the bottom third in league attendance, with an average of 3,778 fans per game.

It's believed having the Canucks affiliate in Abbotsford would increase attendance, but even with the mayor adamant on that element, the two sides still couldn't reach a more beneficial agreement for the city's taxpayers.

"Council could not recommend this deal (with the Canucks) go forward, even with increased attendance. There were no crumbs left. I think that there needs to be a little give on the other side," said Banman, adding the door had not been closed on future negotiations with the Canucks.

"I don't think that it is responsible for any business owner to expect the taxpayer to give them a lift. We've built the facility. How much more do you need?"

The AHL board of governors last week approved the Canucks' purchase of the Peoria Rivermen, which led to speculation the Canucks would move their affiliate to Abbotsford.

Quoted

"I think that there needs to be a little give on the other side."

Abbotsford Mayor Bruce Banman

NHL. Blues back in post-season with win over Avs

Chris Stewart reached career milestones of 100 goals and 100 assists and the St. Louis Blues clinched a playoff berth with two games to spare, beating the Colorado Avalanche 3-1 on Tuesday night.

Brian Elliott had to make just 17 saves two nights after getting yanked in a 5-3 loss at Colorado that squandered the Blues' first chance at clinching. St. Louis, which entered the game needing a point to qualify, scored two power-play goals for the first time in 32 games since Feb. 15 in the home-and-home rematch.

Patrik Berglund and Andy McDonald beat Semyon Varlamov on consecutive shots in the second period to make it 3-0. Together, that duo had mustered two assists in 14 games.

The Blues have made the playoffs in consecutive seasons for the first time since 2003-04. They've won four in a row at home to match their season best.

THE ASSOCIATED PRESS

The Blues celebrate Tuesday night's playoff-clinching win over the Colorado Avalanche in St. Louis. DILIP VISHWANAT/GETTY IMAGES

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Mazda's warning system helps you toe the line

Futuristic. Handy camera-aided lane departure safety feature gives driver extra piece of mind

JIL MCINTOSH
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When you're driving, even a moment's inattention can be dangerous or even deadly. Drivers always have a responsibility to focus on the task, but many automakers add an extra measure of safety with several devices, including Mazda's lane departure warning system.

"It's a camera-based system that visually detects the lane markings," says Sandra Lemaitre, national manager of public relations for Mazda Canada. "It looks for white lines, continuous or dotted, and works on pattern recognition."

Mounted on the inside of the windshield at the base of the rear-view mirror, the camera looks ahead, just as the driver does. When it "sees" a white line, the system compares it to the patterns in its program, confirming that it is the correct width and length to actually be a line. The system works at speeds above 65 km/h.

If the driver slowly veers out of the lane, the system will sound a warning. Depending on how the driver has set the selectable warning, this will sound either when the car gets close to the white line, or actually touches it. The warning can also be chosen by the driver: either a beep, or a digital sound profile that mimics the sound of tires going over rumble strips. Depending on which side of the car crosses the line, the rumble strip sound will come out of the left or right stereo speaker, overriding any music that's playing.

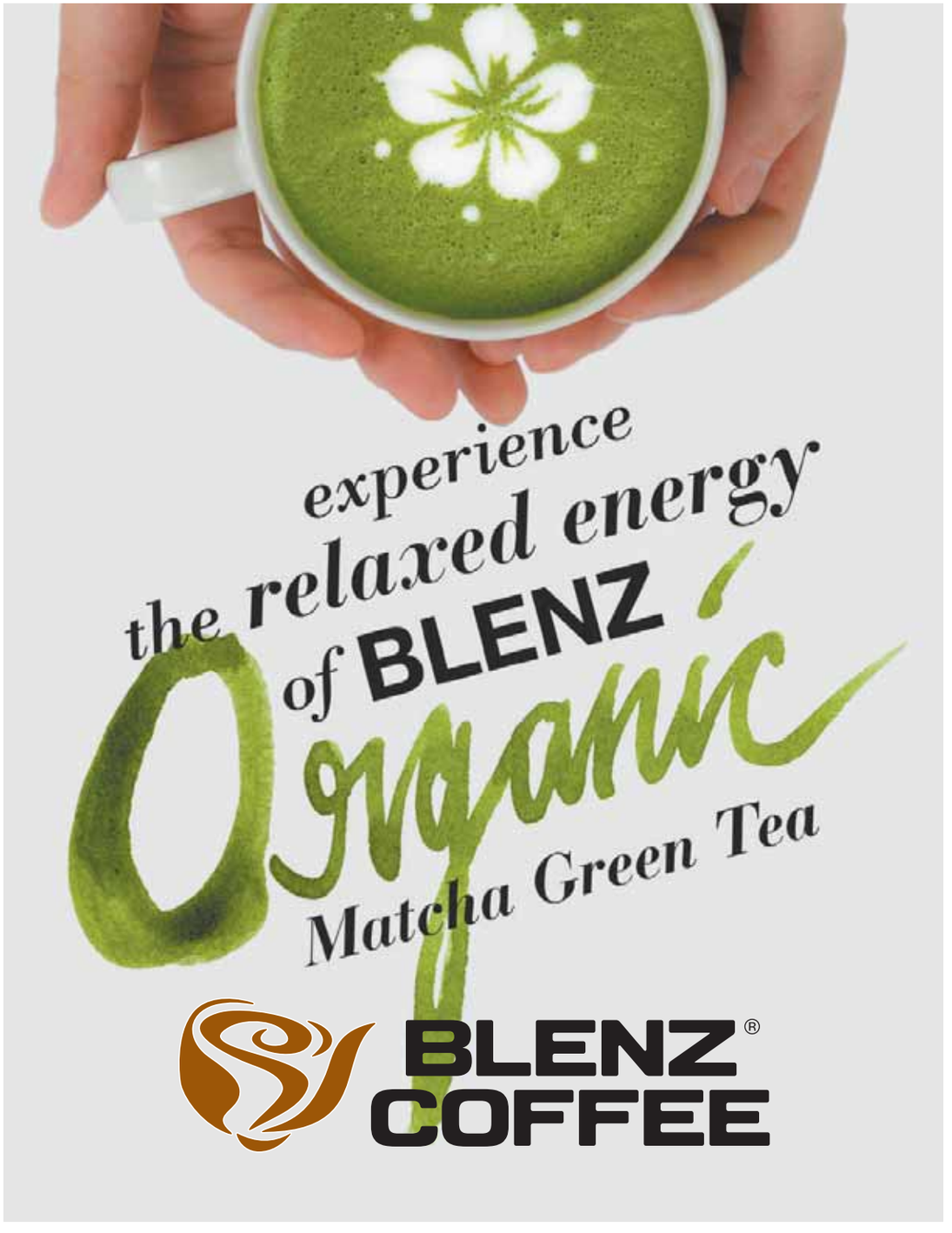
The warning system is designed to identify inattention, rather than intent. It will not warn if the driver has the turn signal on, or if he or she moves the wheel sharply. "It will determine that you did this on purpose," Lemaitre says. "It's looking for a pattern of behaviour that indicates inattention. If I'm not paying attention, or perhaps falling asleep, I'll tend to slowly drift out of my lane."

The windshield-mounted camera is part of Mazda's i-ActivSense system, which also uses radar and lasers for technologies that will adjust the cruise control speed when following other vehicles, turn the high-beam headlights on or off, warn an inattentive driver if a car has stopped ahead, and at low speeds, brake the vehicle if necessary to avoid a collision. "All of the technologies are there to aid the driver, not be in place of the driver," Lemaitre says. "We're a driver's brand so we don't want to automate the driving experience."

Quoted

"All the technologies are there to aid the driver, not be in place of the driver."

Sandra Lemaitre, national manager of public relations for Mazda Canada
On the new lane departure system.



This icon will appear if you veer out of your lane. ALL PHOTOS JIL MCINTOSH

The system is included in the above 2014 Mazda model.

Differences

- Some lane departure systems will apply brake pressure on one side of the vehicle, guiding it back into the lane if the driver does not take action when warned.
- Depending on the auto manufacturer, the sensors or cameras for lane departure warning systems may be in the side mirrors or front grille.

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Designers to China: You have our attention

Autopilot. The huge Chinese vehicle market will, inevitably, influence what ends up on our roads

AUTO PILOT
Mike Goetz
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The Shanghai motor show on this week further confirms the importance of the Chinese market to today's global automakers.

They showed up in droves bearing metaphorical boxes of chocolates and actual concepts and production cars. And why wouldn't they?

The Nissan Friend-ME debuted at this week's Shanghai auto show to possibly woo the world's largest cohort — the 240 million (mostly male) Chinese born in the 1980s, known as the "Balinghou." HANDOUT

Good to be big

China is by far the single largest vehicle market in the world — selling more than 20 million units a year. The next biggest market, the U.S., is about 15 million. GM sells more vehicles in China (about 2.8 million) than it does in America.

Size is just one thing. Potential is another. In the U.S. there are currently 800 cars for every 1,000 people. That's one saturated market. In China, it's currently about 50 to 80 vehicles per every 1,000 people. That's upside with hot sauce. In five years China's annual market is expected to top 35 million units.

It's a free for all

And what's making automakers even more crazy about China is that the market is still up for grabs. No dominant player. Lots of domestic and foreign players investing in production and retail facilities. Lots of current and future segment races to be won and lost.

Driving the design bus

Net result: A massive amount of intellectual and monetary design capital is being focused on China at the moment, and that will reverberate across all global markets.

This is not to say that the Chinese market will darken the design light in other markets, only that what's going on in China will surely influence global design trends. There's no way it can't.

At the very least, we here in the North American market get to "yea or nay" automotive designs that are already fleshed out and/or contemplated for China.

Take for example the Nissan Friend-ME concept, which had its world debut at Shanghai. Nissan says it has been expressly designed to appeal to the world's largest single market demographic — the approximately 240 million Chinese born in the 1980s, tagged as the "Balinghou."

Because of China's "one child" policy, the majority of the Balinghou demographic are males without siblings. They are in their mid-20s now and ready to buy. (They might be somewhat over parented too, but let's not go there today.)

"Clearly, their tastes will shape automotive trends worldwide for decades to come," said Nissan's product strategy chief, Francois Bancon, in a press release.

Because they grew up without siblings, and leisure time with peers is treasured, Nissan figured the Friend-Me could give these Balinghou males a private-yet-connected space to hang out with peers, and a "balanced" design that allows them to "stand out" and "fit in" at the same time. And speaking to China's growing urbanity, another aim of the design is to be a "confident creature of the night, meant to be seen in bright city lights."

I don't know how much you, or I, have in common with a 20-something male in China, who has no siblings but loads of personal and familial expectations, but it you watch automotive design over the next few years, we might find out.

Complex car components can be costly

Driving force. Auto parts: The more they make, the less they cost

JIL MCINTOSH
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A car may be expensive to buy, but it's also expensive to build. In addition to the cost of raw materials, plant overhead and labour, automakers also have to consider the design and development of each component.

"Before we stamp out the first part, there are significant costs associated with design, product validation, capital equipment and tooling that must be paid for up front, or agreed to be amortized across the production run," says Patrick Kinsie, executive director of global business development for Multimatic Inc., which makes various parts for several auto companies.

While simple parts will have relatively smaller start-up costs, the price for complex ones can be astronomical. Developing a completely new engine or transmission can be as much as $500 million to $1 billion.

Quoted

"There are companies that run profits making a handful of hand-built engines, but they charge a much higher price for them."

Patrick Kinsie, executive director of global business development for Multimatic Inc..

Car companies spread these enormous costs over volume production, including numerous variants. An engine design may stick around for some 15 years, with engineers creating new or differently-sized engines based on its architecture. There will still be considerable cost involved for these, but it will be much less than starting from scratch.

Vehicle platforms are designed so they can be used to create several new models with common componentry, spreading the initial cost and recouping it as soon as possible.

Depending on the part, automakers may produce it in-house or work with independent suppliers. There are many ways these companies work together, including the car manufacturer handing over a production-ready design for the supplier to build, or providing the size and performance requirements and having the supplier design and develop it, known in the trade as full black-box design.

New designs are initially made into prototypes to make sure they'll work properly, and if they're structural, they will need to be crash-tested. Once the parts are validated, expensive dies are made to stamp them out in large quantities.

"There are companies that run profits making a handful of hand-built engines, but they charge a much higher price for them," Kinsie says. "In a mainstream vehicle, the automaker will want to make it in the millions to get that unit amortization down to a reasonable level."

Methods used

Automakers often use generic parts from suppliers for much of their hardware, such as window motors or trunk hinges, but use proprietary parts for differentiation in powertrain and design.

- **Working together.** Some car companies work jointly on major projects, such as the "world engines" designed by Chrysler, Hyundai and Mitsubishi, spreading the cost of the basic architecture.
- **Standards.** Global vehicles sold in Canada must meet federal requirements, including safety standards, metric instruments and bilingual labels and manuals, which add to their cost.

The production line at parts company Multimatic Inc. PHOTO FROM MULTIMATIC INC.

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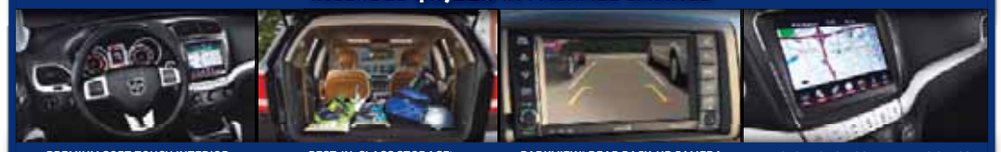

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Spring cleaning

Three simple steps to make your car shine

There's no time like spring to clean your car and get it ready for the sunny open road. To get the best car shine for the new season, Autoglym recommends the following steps:

Step 1 – Wash
Wash your vehicle regularly; doing so will help to preserve the finish of your car's paintwork. Avoid household detergents as they can have a dulling effect on your paintwork. Instead, use a product designed for car washing.

Step 2 – Polish
Many of us tend to skip the polishing step and go straight to waxing — don't make this common mistake. Polishing not only corrects paintwork and rectifies imperfections such as light scratches and swirl marks, but it also restores colour and shine.

Step 3 – Protect
Waxing is an important final touch to protect your car's paintwork against harmful environmental factors such as bird droppings and sap. Unlike polish, waxing contains no cleaning or restoring agents and should only be used to seal in the result achieved from polishing.

NEWS CANADA

The Mazzanti Evantra V8. HANDOUT

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Own it from
$98 bi-weekly for 84 months*
2.4% APR $0 down payment
Freight and PDI included
2013 Tiguan
Own it from
$186 bi-weekly for 72 months*
2.9% APR $0 down payment
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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. MSRP of $16,385/$26,600 for a new and unregistered 2013 Jetta 2.0L / 2013 Tiguan 2.0T base model with 5/6-speed manual transmission, including $1,395/$1,610 freight and PDI, financed at 2.4%/2.9% APR for 84/72 months equals 192/156 bi-weekly payments of $97.89/$185.10. $0 down payment. Cost of borrowing is $1,431.20/$2,413.33 for a total obligation of $17,816.20/$29,013.33. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Models shown: 2013 Jetta 2.5L Highline, $24,590 / Tiguan 2.0T Highline R-Line, $41,125. Models shown for illustration purposes only. Models may not be exactly as shown. Certain conditions apply. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end April 30, 2013 and are subject to change or cancellation without notice. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Autobahn for All", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2013 Volkswagen Canada.

Mazzanti's Evantra debuts to dropping jawlines

Dream car wows Monaco. Orders for the exotic V8 now being taken but bring lots of cash and patience

Italian supercar fans now have one more model to lust over.

Italian coachbuilder Mazzanti has formally introduced the Evantra V8 at the 2013 Top Marques Monaco show, having released CAD renderings of the supercar at the end of last year.

Jaws dropped as the vehicle was revealed and it's no surprise as only five individually personalized units will be handmade in Italy each year, with the bespoke supercar powered by a Corvette-sourced V8 engine capable of blasting out 701hp.

The naturally aspirated engine can propel the Evantra from 0-62 mph in just 3.2 seconds, and thanks to a super strong carbon fibre body, total weight for the Mazzanti Evantra is a paltry 2,866 pounds.

Power from the mid-mounted Corvette engine — which boasts titanium valves and connecting rods — is sent to the rear wheels via a paddle-shifted six-speed sequential transmission.

F1 and Le Mans consultant Ysim helped to fine-tune the car's design for optimal aerodynamic efficiency, while highlights of the chassis include 20-inch OZ alloys, Brembo brakes (with optional carbon-ceramics), and electronic adjustment of the engine and transmission ranging from Strada to Corsa.

There are also two body choices: Pro-Body is made of carbon-fibre composite, and the One-Body is made of aluminum, which can be personalized to customer's exact specifications resulting in a one-off finish.

The interior is swathed in leather prepared with a special aniline treatment, and can be customized with a range of options including exotic leather and precious materials.

The centre console sports data acquisition system from AIM and a Bosch audio-navigation system, while the Tricolore engine start button can be found on the headliner and the Nardi steering wheel contains a small display indicating the current gear.

Each Evantra takes months to complete and will doubtless come with a seven-figure price tag.

WHEELS.CA

Horoscopes

♈ Aries
March 21 - April 20
Think before you act and resist the urge to be provocative. You may think you can get away with just about anything but that isn't true, and will be even less true as the week goes on.

♉ Taurus
April 21 - May 21
You would like to make an intelligent assessment of a situation but how can you when the facts are confusing? Don't worry. A few days from now everything will be clear and you'll know what to do.

♊ Gemini
May 22 - June 21
Today's link between Jupiter in your sign and your ruling planet Mercury will encourage you to see things in a more open and optimistic fashion. Life is as good as you want to make it, today and every day.

♋ Cancer
June 22 - July 23
Take care when dealing with people in positions of power because some of them are in a touchy mood. Wherever possible, keep a distance between you.

♌ Leo
July 24 - Aug. 23
You may have strong opinions about certain issues but if you are smart, you won't make a big deal of them. Even if facts and figures are on your side just keep quiet and let others argue among themselves.

♍ Virgo
Aug. 24 - Sept. 23
You will say too much today. With your ruler Mercury nicely linked to Jupiter, planet of excess, you just can't keep your mouth shut. And why should you when you're right?

♎ Libra
Sept. 24 - Oct. 23
According to the planets, you are in the mood to say and do things that shock. That's OK but make sure you know what the possible consequences could be, especially the financial consequences.

♏ Scorpio
Oct. 24 - Nov. 22
You may be feeling quietly confident about your chances but if you are wise you won't take anything for granted over the next 48 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
Honesty is your best policy today, even if it means telling a friend something they may not want to hear. Jupiter, your ruler, will help you say it in a way that doesn't hurt their feelings.

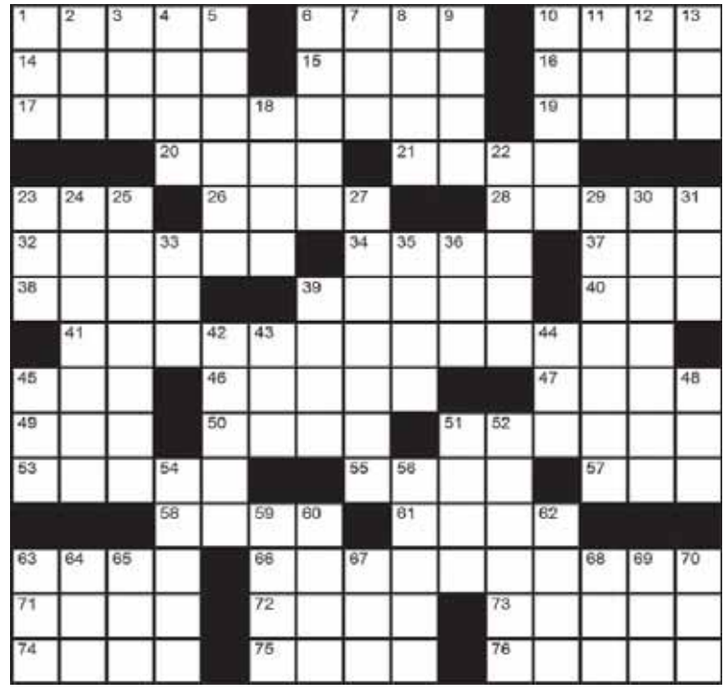
♑ Capricorn
Dec. 22 - Jan. 20
If it feels right to make a snap decision today then do so. Even if you are acting on limited information there is every chance you will reach the right conclusion, and maybe hit the jackpot financially too.

♒ Aquarius
Jan. 21 - Feb. 19
You need to make a decision about your work but you are torn between two different approaches. How do you resolve this dilemma? A second opinion will help you establish your own opinion.

♓ Pisces
Feb. 20 - March 20
You will need to put on a brave face, especially if you get news that seems to be the opposite of what you were hoping to hear. The key word there is "seems", because most likely it is good news. SALLY BROMPTON

Crossword: Canada Across and Down

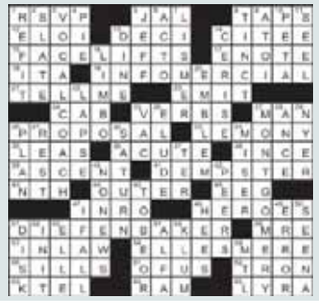
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. "__ I Say" by Ray Charles
6. Cooking amt.
10. Shania Twain's "I __ No Quitter"
14. "Well, golly!!"
15. Competed, __ _ race
16. Midday
17. Movie re-viewer: 2 wds.
19. Fair
20. Gull-like bird
21. Money in Mexico
23. World Series org.
26. Finales
28. __, Oklahoma
32. Tenner, in time
34. Scotch stuff; it's sticky
37. Job, for short
38. Chat
39. "Rio" band, when doubled
40. Rocker Mr. Adams, to pals
41. Who writes Metro's In Focus column?: 2 wds.
45. 6's phone letters
46. Ornamental containers
47. Base
49. Eggs come in one [abbr.]
50. San __, Italy
51. Fabric softener brand
53. Fashion mag
55. Unaccompanied
57. Greek alphabet's 17th letter
58. Drawn dog
61. Dove sounds
63. Canadian telecom company
66. On-camera acting audition: 2 wds.
71. Seed's protector
72. 'Bulg' add-on
(Country in Europe)
73. "Best _ __ Had" by Drake
74. Count on
75. Trevor __ (Tony-winning Cats director)
76. Antique-style water carriers

Down
1. Panda-symbol org.
2. Masses, with Polloi
3. Pointy tool
4. Canadian coffee chain, affectionately
5. Like some back-yards
6. Set of three
7. Ghost's pet
8. Cut
9. Walking speed
10. Variety of pear
11. Promise to pay
12. Yeses opposites
13. AC/DC song: "_-_-_"
18. Written†symbol of yore
22. Shorthand, shortly
23. Summer hrs. in Alberta
24. Foo Fighters song: "_____ Fly"
25. CFL players in the West: acronym + wd.
27. MGM and Para-mount, and others
29. East Coast catch
30. Newfoundland rum
31. 'Delic' suffix
33. US dog org.
35. Bows
36. __ excellence
39. Snare, for one
42. Bible king
43. 'Passion' suffix
44. Function
45. 1200 in ancient Rome
48. Tip to 'pia' (Near-sightedness)
51. Ice mass
52. Canuck coin
54. Canadian actress Ms. Parker
56. "Caribbean Queen" singer Billy
59. "This __ __ un-expected surprise!"
60. Light brown
62. K-__ ('Twilight' flicks actress, nick-named)
63. Chocolate __
64. Earlier, olde-style
65. Abner of comics
67. Tin Tin's lead-in
68. Adam and __
69. Religious address, briefly
70. Mr. Knight's, formerly of "Grey's Anatomy"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					7	5		
			3	8		6		
3	7	8				9		
6			2		1		4	
	2						6	
	9		8		3			5
		4				1	5	7
		2		9	4			
		6	5					

Yesterday's Sudoku

9	3	1	2	5	4	8	7	6
2	4	8	7	6	1	5	9	3
6	5	7	9	3	8	1	2	4
1	7	2	6	9	5	4	3	8
3	8	6	4	1	2	9	5	7
5	9	4	8	7	3	2	6	1
7	6	5	1	4	9	3	8	2
4	2	3	5	8	7	6	1	9
8	1	9	3	2	6	7	4	5

Today
16°/7°
Sunny

Thursday
14°/9°
Sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
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ON SELECT MODELS

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GLS model shown

2012 BEST NEW SMALL CAR (UNDER $21K)

2013 ACCENT

FEATURES INCLUDE: • 1.6L GDI ENGINE • FRONT ACTIVE HEADRESTS • FRONT, SIDE & CURTAIN AIRBAGS • POWER DOOR LOCKS • AM/FM/CD/MP3/USB/iPOD® AUDIO SYSTEM

OWN IT **$82** BI-WEEKLY PAYMENT | WITH **0%†** FINANCING FOR **84** MONTHS + SAVE 30¢/L UNTIL 2014* | AND **$0** DOWN PAYMENT | SELLING PRICE: **$14,894♦** ACCENT 4 DR L 6-SPEED MANUAL. DELIVERY & DESTINATION INCLUDED.

HWY: **5.3**L/100 KM
CITY: **7.1**L/100 KM▼

Limited model shown

INCLUDES $500 IN PRICE ADJUSTMENTS♔

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

2013 ELANTRA

FEATURES INCLUDE: • 6 AIRBAGS • iPOD®/USB/AUXILIARY INPUT JACKS • POWER WINDOWS & DOOR LOCKS • ABS WITH TRACTION CONTROL SYSTEM • DUAL HEATED POWER EXTERIOR MIRRORS

OWN IT **$94** BI-WEEKLY PAYMENT | WITH **0%†** FINANCING FOR **84** MONTHS + SAVE 30¢/L UNTIL 2014* | AND **$0** DOWN PAYMENT | SELLING PRICE: **$16,944♦** ELANTRA L 6-SPEED MANUAL. DELIVERY, DESTINATION & $500 IN PRICE ADJUSTMENTS♔ INCLUDED.

HWY: **5.2**L/100 KM
CITY: **7.1**L/100 KM▼

Tech. model shown

2012 BEST NEW DESIGN
2012 BEST NEW SPORTS/PERFORMANCE CAR (UNDER 50K)

2013 VELOSTER

FEATURES INCLUDE: • AIR CONDITIONING • 7" LCD SCREEN WITH REARVIEW CAMERA • BLUETOOTH® HANDS FREE PHONE SYSTEM • 17" ALLOY WHEELS • iPOD®/USB/AUXILIARY INPUT JACKS

OWN IT **$125** BI-WEEKLY PAYMENT | WITH **1.99%†** FINANCING FOR **84** MONTHS + SAVE 30¢/L UNTIL 2014* | AND **$0** DOWN PAYMENT | SELLING PRICE: **$21,194♦** VELOSTER 6-SPEED MANUAL. DELIVERY & DESTINATION INCLUDED.

HWY: **5.3**L/100 KM
CITY: **7.5**L/100 KM▼

Limited model shown

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

2013 SANTA FE

FEATURES INCLUDE: • SIRIUS XM RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • HEATED FRONT SEATS • FOG LIGHTS • ACTIVE ECO SYSTEM

OWN IT **$167** BI-WEEKLY PAYMENT | WITH **1.99%†** FINANCING FOR **84** MONTHS + SAVE 35¢/L UNTIL 2014* | AND **$0** DOWN PAYMENT | SELLING PRICE: **$28,259♦** SANTA FE 2.4L FWD AUTO. DELIVERY & DESTINATION INCLUDED.

HWY: **6.7**L/100 KM
CITY: **10.1**L/100 KM▼

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,495. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ▼Fuel consumption for 2013 Accent 4 Door L 6-Speed Manual (HWY 5.3L/100KM; City 7.1L/100KM)/Elantra Sedan L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/Veloster 6-Speed Manual (HWY 5.3L/100KM; City 7.5L/100KM) /Santa Fe 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦Price of models shown 2013 Accent 4 Door GLS Auto/ Elantra Limited/Veloster Tech 6-speed MT/Santa Fe 2.0T Limited AWD is $20,094/$24,794/$24,694/$40,259. Prices include Delivery and Destination charges of $1,495/$1,495/$1,495/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ΩPrice adjustments of up to $500 available on 2013 Elantra Sedan. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. *Purchase, finance or lease an in-stock 2013 Accent/Elantra/Elantra Coupe/Elantra GT/Veloster/Genesis Coupe/Sonata/Sonata HEV/Santa Fe Sport/Santa Fe XL/Tucson/2012 Sonata HEV during the Double Savings Event and you will receive one $0.99 per litre Esso Price Privileges Fuel Card (including applicable taxes). The $0.99 per litre Esso Price Privileges Card is issued by Esso and is subject to the terms and conditions of the Esso Price Privileges Fuel Card agreement. Customers in the provinces of New Brunswick, Nova Scotia, Newfoundland & Labrador, Prince Edward Island (collectively, "Atlantic Provinces") and Quebec will receive a maximum benefit of $0.55 per litre in the event that gas prices increase above $1.54 during the card activation period. Customers in the provinces of Ontario and Manitoba will receive a maximum benefit of $0.50 per litre in the event that gas prices increase above $1.49 during the card activation period. Customers in the Atlantic Provinces, Quebec, Manitoba and Ontario will receive a minimum discount of $0.30 per litre in the event that gas prices decrease below $1.29 per litre in these provinces. All Fuel Cards expire on December 31st, 2013. Fuel cards are valid only at participating Esso retail locations (excluding the province of British Columbia) and are not redeemable for cash. Fuel Cards cannot be used in the province of British Columbia. Fuel Cards can only be used on Regular, Extra and Premium motor vehicle grade fuel purchases only. Price with Fuel Card of $0.99 per litre applies to Regular grade fuel only. Price with Fuel Card on Extra and Premium grade fuels are $1.12 and $1.18 per litre, respectively. Price Privileges Card must be used in combination with another form of payment accepted at Esso stations in Canada (excluding British Columbia) and is redeemable in-store only. Only one Price Privileges Card can be used per transaction. Based on Energuide combined fuel consumption rating for the 2013 Accent Auto (6.3L/100km)/Elantra Auto (6.3L/100km)/Elantra Coupe Auto (6.6L/100km)/Elantra GT Auto (6.6L/100km)/Veloster 1.6L Auto (6.3L/100km)/Genesis Coupe 2.0L Auto (8.6L/100km)/Sonata 2.4L Auto (7.3L/100km)/Sonata HEV Auto (5.2L/100km)/Tucson 2.0L Auto (8.2L/100km)/Santa Fe Sport 2.4L FWD Auto (8.6L/100km)/2012 Sonata HEV Auto (5.3L/100km) and the combined fuel consumption rating for the 2013 Santa Fe XL 3.3L FWD (9.9L/100km) as determined by the Manufacturer as shown on www.hyundaicanada.com at 15,400km/year which is the yearly average driving distance as referenced by Transport Canada's Provincial Light Vehicle Fleet Statistics, 2011, minus one full tank of fuel provided at the time of delivery of 2013 Accent (43L), Elantra (48L), Elantra Coupe (50L), Elantra GT (50L), Veloster (50L), Genesis Coupe (65L), Sonata (70L), Sonata HEV (65L), Tucson (58L), Santa Fe Sport (66L), Santa Fe XL (71L), 2012 Sonata HEV (65L), this is equivalent to $0.99 per litre gas up to a total of 725 Litres (2013 Accent/Elantra/Elantra Coupe/Elantra GT/Veloster), 800 Litres (2013 Sonata/2013 Sonata HEV/2012 Sonata HEV) and 1,000 Litres (2013 Genesis Coupe/Tucson/Santa Fe Sport/Santa Fe XL). Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †Ω*♦Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

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D#6700

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OpenRoad Hyundai
13171 Smallwood Place
Richmond, 604-606-9033
D#28516

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Langley Hyundai
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